



Anatomy of Human Muscles & Palpation

(60 Contact Hours)

30 Hours Lecture, 30 Hours Lab
3 Credits Hours or 4.5 Quarter Credit Hours

Sample

Sample:

ASSESSMENT CRITERIA & METHOD OF EVALUATING STUDENTS

Grading Distribution

Class Attendance	15%
Employment Competencies	5%
Written/Oral Assignments	20%
Quizzes	20%
Project	10%
Mid-course exam	15%
Final exam	15%
Total	100%

Attendance and Employment Competencies

The technical nature of the training and graduate employability goals of the programs offered requires that students attend classes on a regular basis. Consequently, the school's attendance policy will be strictly enforced.

Attendance and Employability are both components of the student's overall course grade.

Students who miss class are encouraged to obtain class notes from fellow students. Students are encouraged to meet with their instructors during office hours immediately following an absence.

All work due must be completed within 2 class days of returning to class following an absence.

At the end of each course, each student is assigned a final grade as follows:

Point Range	Interpretation	Grade	Quality Points
90 – 100	Excellent	A	4.0
80-89	Very Good	B	3.0
70 – 79	Average	C	2.0
60 – 69	Poor	D	1.0
Below 60	Failure	F	0
N/A	Withdrawal	W	0
N/A	Incomplete	I	0

A student earning a grade of **D** or above is considered to have passed the course and is eligible to pursue further studies. A student receiving a grade of **F** has failed a course. A failed course

must be repeated and passed to meet graduation requirements, in addition to an overall program GPA of 2.0.

REQUIREMENTS FOR SUCCESSFUL COMPLETION OF THE COURSE

At a minimum, students must achieve the following: a passing grade of **D** or above, completion of all required examinations, submission of all required exercises and projects, and adherence to the school attendance policy. Any student absent during a pre-assigned test/exam and/or projects date will receive zero as a grade. Make up will be given only for excused absences and students must notify a faculty member prior to the absence, if possible. Make up work is the student’s responsibility. The student must arrange with the instructor a convenient time and place to accomplish the make up work. It is the students’ responsibility to seek the instructor’s guidance at the time when a problem area is initially encountered, not after receiving an unsatisfactory grade. Arrangements for the special tutoring must be made with the appropriate educational staff, i.e., instructor, education supervisor or academic dean.

MATERIALS NEEDED

1. Trail Guide Text Book 3rd edition
2. Student Handbook
3. Trail Guide Flashcards: Volumes I & II
4. Trail Guide Body DVD: Palpation Guide to 54 Essential Muscles

WEEKLY TOPICAL OUTLINE AND COURSE SYLLABUS

Week #	Unit of Instruction or Topic	Lab & Assignments
<p>Week 1</p>	<p>Overview of Palpation</p> <ul style="list-style-type: none"> ▪ The importance and meaning of palpation as a diagnostic art and skill ▪ Relaxation and making contact with the body when palpating ▪ Palpation techniques of rolling, strumming, movement and stillness ▪ Three Palpation Principles ▪ Textural differences of various structures including skin, bone, muscle, tendon, ligament, fascia, retinaculum, artery, vein, bursa, nerve and lymph node <p>Navigating the Body</p> <ul style="list-style-type: none"> ▪ Regions of the body ▪ Planes of movement ▪ Location, direction and position of body structures ▪ Various possible movements of the head, body and limbs ▪ The systems of the body including joints, muscular, fascial, cardiovascular, nervous, and lymphatic systems 	<p>Handbook Assignment:</p> <p>Student Handbook: Trail Guide to the Body. Biel, Andrew. Books of Discovery</p> <p>Introduction: pages 1-5 Navigating the Body: pages 6-24</p>

Reading Assignment:

Trail Guide to the Body, 3rd Edition. Biel, Andrew. Books of Discovery

Introduction, pages 11-28
Chapter 1, pages 29-51

Listening Assignment:

Trail Guide to the Body Audiofile

Introduction: Audiofiles 1-4

**Week 2 Overview of Palpation
Navigating the Body**

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Reading Assignment:

Trail Guide to the Body, 3rd Edition. Biel, Andrew. Books of Discovery

Chapter 1, pages 29-51
Chapter 2, pages 54-81

Listening Assignment:

Trail Guide to the Body Audiofile

Shoulder & Arm: Audiofiles 1-10

Handbook Assignment:

Student Handbook: Trail Guide to the Body. Biel, Andrew. Books of Discovery.

Review:

Introduction: pages 1-5
Navigating the Body: pages 6-24

Shoulder and Arm: pages 25-40

Trail Guide Flashcards:

Vol. 1: 2-9, 70-75, 129-135

Vol. 2: 6-9

Palpation Assignment:

Trail Guide Body DVD: Palpation Guide to 54 Essential Muscles:

Deltoid, Trapezius, Latissimus Dorsi
Teres Major

Lesson Plan #1

Lesson Plan Week #	Learning Objectives	Class Lecture Topics	Text Page #	Instructor Resources including Preparation, Lecture/Lab Notes, Activities, Quizzes and Exams
Week 1	<p>1.0 Overview of Palpation</p> <ol style="list-style-type: none"> 1. Describe the importance and meaning of palpation as a diagnostic art and skill 2. Describe the importance of relaxation and making contact with the body when palpating 3. Explain the palpation techniques of rolling, strumming, movement and stillness 4. List and explain the three palpation principles 5. Describe the textural differences of various structures including skin, bone, muscle, tendon, ligament, fascia, retinaculum, artery, vein, bursa, nerve and lymph node <p>2.0 Navigating the Body</p> <ol style="list-style-type: none"> 1. Name the regions of the body 2. Describe the planes of movement 3. Describe and communicate the location, direction and position of body structures 4. Describe and communicate the various possible movements of the head, body and limbs 5. Discuss the systems of the body including types of joints, Skeletal System, Muscular System, Fascial System, Cardiovascular System, Nervous System, and Lymphatic System 	<p>Overview of Palpation</p> <ul style="list-style-type: none"> ❖ The importance and meaning of palpation as a diagnostic art and skill ❖ Relaxation and making contact with the body when palpating ❖ Palpation techniques of rolling, strumming, movement and stillness ❖ Three Palpation Principles ❖ Textural differences of various structures including skin, bone, muscle, tendon, ligament, fascia, retinaculum, artery, vein, bursa, nerve and lymph node <p>Navigating the Body</p> <ul style="list-style-type: none"> ❖ Regions of the body ❖ Planes of movement ❖ Location, direction and position of body structures ❖ Various possible movements of the head, body and limbs ❖ The systems of the body including types of joints, muscular system, fascial system, cardiovascular system, nervous system, and lymphatic system 	<p>14-15</p> <p>16</p> <p>18 20-27</p> <p>30 31 31</p> <p>32-39</p> <p>40-51</p>	<p>Instructor's Field Guide: Introduction: pages 7-23</p> <p>Review and become familiar with:</p> <ul style="list-style-type: none"> ➤ Field Guide Resources ➤ Learning Objectives ➤ Tips and Reminders for Students ➤ Tips and Reminders for Instructors ➤ Learning and Teaching Activities <p><u>For Class Discussion & Palpation Lab Activity Options Refer To Instructor's Field Guide Within Appropriate Chapter For:</u></p> <ul style="list-style-type: none"> ◆ Starter Questions ◆ Activities of Daily Living ◆ Two Cents ◆ Coloring ◆ Choral Palpation ◆ Round Robin <p>Trail Guide to the Body PowerPoint: Slide #s: Chapter 1: 1-29</p> <p><u>LAB</u> Palpation Practice Including:</p> <ul style="list-style-type: none"> ➤ Demonstrate and practice relaxation and making contact with the body when palpating ➤ Demonstrate and practice palpation techniques of rolling, strumming, movement and stillness ➤ Demonstrate and practice identifying textural differences of various structures including skin, bone, muscle, tendon, ligament, fascia, retinaculum, artery, vein, bursa, nerve and lymph node ➤ Demonstrate planes of movement ➤ Demonstrate and practice different directions and positions of body structures ➤ Demonstrate, practice and identify various possible movements of the head, body and limbs

Lesson Plan #1

Homework, Reading & Listening Assignments

Reading Assignment:

Trail Guide to the Body, 3rd Edition. Biel, Andrew. Books of Discovery

Introduction, pages 11-28

Chapter 1, pages 29-51

Handbook Assignment:

Student Handbook: Trail Guide to the Body. Biel, Andrew. Books of Discovery

Introduction: pages 1-5

Navigating the Body: pages 6-24

Listening Assignment:

Trail Guide to the Body Audiofile

Introduction: Audiofiles 1-4

Lesson Plan #2

Lesson Plan Week #	Learning Objectives	Class Lecture Topics	Text Page #	Instructor Resources including Preparation, Lecture/Lab Notes, Activities, Quizzes and Exams
Week 2	<p>1.0 Overview of Palpation</p> <ol style="list-style-type: none"> 1. Describe the importance and meaning of palpation as a diagnostic art and skill 2. Describe the importance of relaxation and making contact with the body when palpating 3. Explain the palpation techniques of rolling, strumming, movement and stillness 4. List and explain the three palpation principles 5. Describe the textural differences of various structures including skin, bone, muscle, tendon, ligament, fascia, retinaculum, artery, vein, bursa, nerve and lymph node <p>2.0 Navigating the Body</p> <ol style="list-style-type: none"> 1. Name the regions of the body 2. Describe the planes of movement 3. Describe and communicate the location, direction and position of body structures 4. Describe and communicate the various possible movements of the head, body and limbs 5. Discuss the systems of the body including types of joints, Skeletal System, Muscular System, Fascial System, Cardiovascular System, Nervous System, and Lymphatic System 	<p>Overview of Palpation</p> <ul style="list-style-type: none"> ❖ The importance and meaning of palpation as a diagnostic art and skill ❖ Relaxation and making contact with the body when palpating ❖ Palpation techniques of rolling, strumming, movement and stillness ❖ Three Palpation Principles ❖ Textural differences of various structures including skin, bone, muscle, tendon, ligament, fascia, retinaculum, artery, vein, bursa, nerve and lymph node <p>Navigating the Body</p> <ul style="list-style-type: none"> ❖ Regions of the body ❖ Planes of movement ❖ Location, direction and position of body structures ❖ Various possible movements of the head, body and limbs ❖ The systems of the body including types of joints, muscular system, fascial system, cardiovascular system, nervous system, and lymphatic system 	<p>14-15</p> <p>16</p> <p>18</p> <p>20-27</p> <p>30</p> <p>31</p> <p>31</p> <p>32-39</p> <p>40-51</p>	<p>Instructor's Field Guide: Introduction: pages 7-23</p> <p>Review and become familiar with:</p> <ul style="list-style-type: none"> ➤ Field Guide Resources ➤ Learning Objectives ➤ Tips and Reminders for Students ➤ Tips and Reminders for Instructors ➤ Learning and Teaching Activities <p><u>For Class Discussion & Palpation Lab Activity Options Refer To Instructor's Field Guide Within Appropriate Chapter For:</u></p> <ul style="list-style-type: none"> ◆ Starter Questions ◆ Activities of Daily Living ◆ Two Cents ◆ Coloring ◆ Choral Palpation ◆ Round Robin <p>Trail Guide to the Body PowerPoint: Slide #s: Chapter 1: 1-29</p> <p><u>LAB</u> Palpation Practice Including:</p> <ul style="list-style-type: none"> ➤ Demonstrate and practice relaxation and making contact with the body when palpating ➤ Demonstrate and practice palpation techniques of rolling, strumming, movement and stillness ➤ Demonstrate and practice identifying textural differences of various structures including skin, bone, muscle, tendon, ligament, fascia, retinaculum, artery, vein, bursa, nerve and lymph node ➤ Demonstrate planes of movement ➤ Demonstrate and practice different directions and positions of body structures ➤ Demonstrate, practice and identify various possible movements of the head, body and limbs

Lesson Plan #2

Homework, Reading & Listening Assignments

Reading Assignment:

Trail Guide to the Body, 3rd Edition. Biel, Andrew. Books of Discovery

Chapter 1, pages 29-51

Chapter 2, pages 54-81

Handbook Assignment:

Student Handbook: Trail Guide to the Body. Biel, Andrew. Books of Discovery.

Review:

Introduction: pages 1-5

Navigating the Body: pages 6-24

Shoulder and Arm: pages 25-40

Trail Guide Flashcards:

Vol. 1: 2-9, 70-75, 129-135

Vol. 2: 6-9

Palpation Assignment:

Trail Guide Body DVD: Palpation Guide to 54 Essential Muscles:

Deltoid, Trapezius, Latissimus Dorsi, Teres Major

Listening Assignment:

Trail Guide to the Body Audiofile

Shoulder & Arm: Audiofiles 1-10

Study for Quiz:

Quiz 1 (Weeks 1 and 2)

TGB Introduction and Navigating the Body